

South Dakota Family Planning Clinics

Brown County Community Health Center 402 S Main Aberdeen, SD 57401	626-2628
Urban Indian Health 1315 6 th Ave SE #6 Aberdeen, SD 57401	225-1538
Alcester Medical Center 104 W. 2 nd Street Alcester, SD 57001	934-2122
Douglas County Public Health 708 8 th Street Armour, SD 57313	724-2758
Sanford Clinic Brookings 922 22 nd Ave. So. Brookings, SD 57006	692-8684
Elk Point Commuity Health Clinic 204 E. Main Elk Point, SD 57025	356-3317
Women's Health & Education Center 390 Kansas Ave. SE Huron, SD 57350	352-8384
Mitchell Family Planning 909 South Miller Mitchell, SD 57301	995-8040
Pierre Area Family Planning 302 E Dakota Pierre, SD 57501	773-4937
Urban Indian Health 1714 Abbey Road Pierre, SD 57501	224-8841
Community Health Center of the Black Hills 504 East Monroe Street Rapid City, SD 57701	394-6665 Ext. 22
Sanford Downtown Women's Health Care 401 East 8 th , Suite 230 Sioux Falls, SD 57103	334-5099

Urban Indian Health
320 S 3rd Ave. Suite B
Sioux Falls, SD 57104 339-0420

Family Health Education Services
930 N 10th Street
Spearfish, SD 57783 642-6337

Vermillion Area Family Planning
Julian Hall USD
414 E. Clark
Vermillion, SD 57069 677-5278

Watertown Family Planning
703 S. Broadway
Watertown, SD 57201 882-1852

Yankton Area Family Planning
317 Broadway, STE 8
Yankton, SD 57078 665-8838

In addition to the Family Planning Clinic Sites listed above, Community Health Nursing Offices in some areas provide Family Planning Services.

For Further Information:

Contact the state office or a Family Planning Clinic Site for additional information. Or call 1-800-305-3064 for referral information. Community Health Nursing Offices in some areas provide Family Planning Services.

Visit our web site at:

www.state.sd.us/doh/famhlth/famplan.htm

State (SDCL 20-13) and Federal (Title VI of Civil Rights Act of 1964, the Rehabilitation Act of 1973 as amended, and the Americans With Disabilities Act of 1990) laws require that the S.D. Family Planning Program provide services to all persons without regard to race, color, creed, religion, sex, disability, ancestry, or national origin.

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Facts About Depo- Provera



South Dakota Family Planning

Department of Health
615 E. Fourth
Pierre, SD 57501-1700
(605) 773-3737



▶ WHAT IS DEPO-PROVERA?

This safe method of contraception is a hormone (progesterone) that prevents the ovaries from releasing an egg (ovulation). After being injected into the buttocks or upper arm, pregnancy will be prevented for 3 months. You should use a back-up method (foam & condoms) for 2 days if receiving your first injection within 5 days after the start of your period. If you receive your first injection at any other time, you should use a back-up method for 2 weeks.

▶ CAN ANY WOMAN TAKE BIRTH CONTROL SHOTS?

Most women can. Like any birth control method, however, some women should not use it. Tell your health care provider if you:

- ▶ Think you might be pregnant.
- ▶ Have had breast cancer.
- ▶ Have had a stroke.
- ▶ Have had blood clots in your legs.
- ▶ Have liver disease.
- ▶ Have had any unusual bleeding from your vagina.

▶ ARE THERE SIDE EFFECTS FROM USING DEPO-PROVERA?

All women who use Depo-Provera have some changes in their monthly period:

- ▶ At first, periods may not be regular, and spotting is common.
- ▶ Most women who use it for more than 1 year stop having periods. Periods usually return within 6 to 12 months after you stop taking the shots.

Some women who use Depo-Provera could also have: bloating/weight changes, headaches, mood changes, fatigue, loss of interest in sex, or breast tenderness.

▶ WILL IT HARM ME NOT TO HAVE A MONTHLY MENSTRUAL PERIOD?

Having your periods stop because of Depo-Provera shots is not a health problem. The birth control drug simply stops your body from producing menstrual blood. Once women know it's safe, most are very happy not to have their periods.

Women who use Depo-Provera Contraceptive Injection may lose significant bone mineral density. This bone loss is greater the longer Depo-Provera is used, and the bone density may not completely return to normal once Depo-Provera is stopped. It is unknown if use of Depo-Provera during the teens or early 20s, a time when bone density is increasing, will reduce peak bone mass and increase the risk of thinning bones that could result in bones breaking later in life. Depo-Provera should be used longer than 2 years ONLY if other birth control methods are inadequate or unacceptable.

▶ WHEN SHOULD I CONTACT MY HEALTH CARE PROVIDER?

Women using Depo-Provera must report any of the following warning signs to their health care provider immediately:

- ▶ Severe pain in the lower abdomen.
- ▶ Heavy vaginal bleeding.
- ▶ Repeated very painful headaches.
- ▶ Depression.
- ▶ Persistent pain, pus, or bleeding at the injection site.

▶ A DEPO-PROVERA SHOT IS NEEDED EVERY 3 MONTHS. WHAT IF A SHOT IS FORGOTTEN OR I CAN'T COME IN ON TIME?

It is important to get your birth control shots on time. Mark the date on your calendar to remind you when your next shot is due. Or ask a friend to help you remember. It is also safe to have your shot 2-3 weeks early if your 3-month date is not convenient.

If you wait longer than 13 weeks between injections, use another reliable form of birth control (condoms and spermicide), or don't have sex, until you get your shot.

Once you get your injection, don't rub or massage the site. This may decrease the medication's effectiveness.

▶ WHAT CAN I DO TO AVOID WEIGHT CHANGES AND WEAKENED BONES?

Not all women who use Depo-Provera gain weight, but some gain several pounds during use. Depo-Provera has also been associated with changes in bone density. Eat a balanced low-fat diet with increased calcium, and regular exercise can help keep you fit. To keep your bones strong, avoid caffeine, alcohol, and **DO NOT SMOKE OR USE OTHER TOBACCO PRODUCTS.**

▶ HOW SOON CAN I GET PREGNANT AFTER I STOP USING DEPO-PROVERA?

You can stop taking the shots at any time. Most women are able to get pregnant within a year after their last shot. For some, it may take up to 1 1/2 years.

▶ CAN I USE BIRTH CONTROL SHOTS AFTER I HAVE A BABY?

New mothers can begin taking shots right after childbirth, before they go home from the hospital if they are not nursing.

▶ IS IT SAFE TO BREAST-FEED MY BABY WHILE I'M USING DEPO-PROVERA?

A new mother who breast-feeds her baby can safely begin taking shots 6 weeks after childbirth. The shots do not harm the baby or reduce the flow of breast milk.

▶ WILL THE SHOTS PROTECT ME FROM HIV/AIDS AND OTHER SEXUALLY TRANSMITTED DISEASES?

NO. Having sex with only one person who only has sex with you, or abstaining from sexual intercourse, are the only sure ways not to acquire a sexually transmitted disease. If you've had sex with more than one person or if your partner has had sex with someone other than you, remember, you need to respect yourself enough to use a condom every time you have sex.

